

PREVENTION

IDAHO CHILDREN'S TRUST FUND NEWSLETTER

Parenting Tips for Fathers Ten Ways to be a Better Dad

1. Respect your child's mother.

One of the best things a father can do for his children is to respect their mother. If you are married, keep your marriage strong and vital. If you aren't married, it is still important to respect and support the mother of your children.

2. Spend time with your children.

How a father spends his time tells his children what's important to him. Treasuring children often means sacrificing other things, but it is essential to make time for your kids. Kids grow up so quickly and missed opportunities are forever lost.

3. Earn the right to be heard.

All too often the only time a father speaks to his children is when they have done something wrong. Begin talking with your kids when they are very young and take time to listen to their ideas and problems.

4. Discipline with love.

All children need guidance and discipline, not as punishment, but to set reasonable limits. Remind your children of the

consequences of their actions and provide meaningful rewards for desirable behavior.

5. Be a role model.

Fathers are role models to their kids, whether they realize it or not. A girl who spends time with a loving father grows up knowing she deserves to be treated with respect. Fathers can teach sons what is important in life by demonstrating honesty, humility, and responsibility.

6. Be a teacher.

A father who teaches his children about right and wrong, and encourages them to do their best, will see his children make good choices.

7. Eat together as a family.

Sharing a meal together can be an important part of family life. It gives kids the chance to talk about what they are doing and is a good time for fathers to listen and give advice. Most importantly, it is a time for families to be together each day.

8. Read to your children.

Begin reading to your children when they are very young. Instilling your children with a love for reading is one of the best ways to ensure they will have a lifetime of personal and career growth.

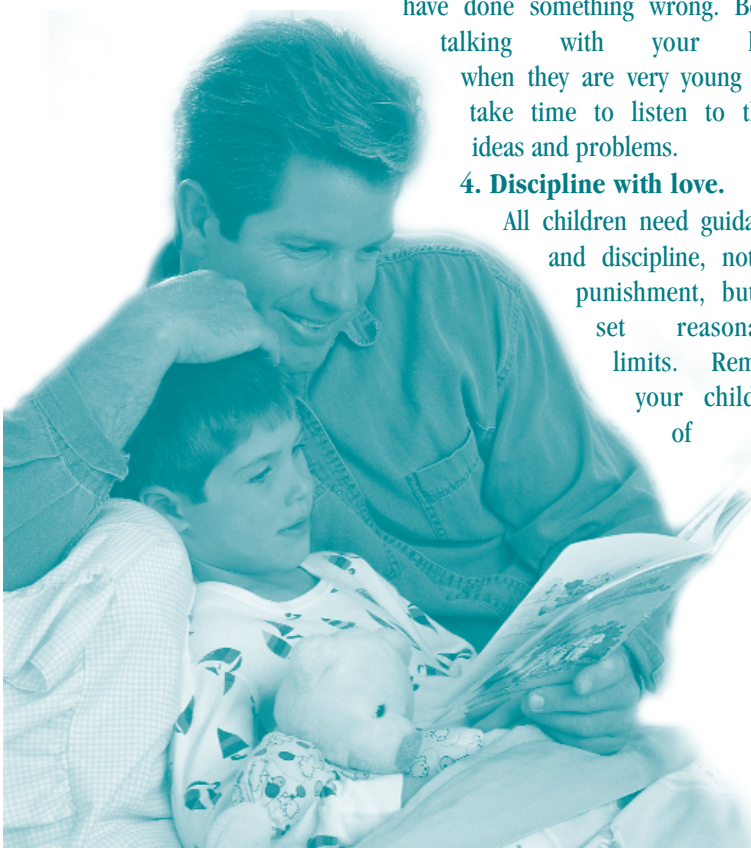
9. Show affection.

Children need the security that comes from knowing they are wanted and loved by their family. Parents, especially fathers, need to feel comfortable and willing to hug their children. Showing affection every day is the best way to let your children know that you love them.

10. Realize that a father's job is never done.

Even after children are grown and leave the home, they will still look to their fathers for wisdom and advice. Fathers continue to play an essential part in the lives of their children as they make decisions about schooling, new jobs, and as they grow and, perhaps, marry and build their own families.

*Reprinted with permission from the National Fatherhood Initiative, 1-800-790-DADS



Protecting Idaho children from abuse and neglect.

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Parenting Tips For Non-Married Fathers

- Children need to feel loved by both parents and know that they do not have to choose one parent over the other.
- Keep a flexible routine and leave room for spontaneity. Help your child feel that he has two homes, mom's and dad's, where he feels free to come and go. Live as close to each other as possible.
- Talk to each other and keep focused on the subject of your children. Children should not serve as the direct line of communication between the two of you.
- Take the anger out of your communications. Do not use your child as a way to get back at each other or validate your anger with each other.
- Get help dealing with the inevitable anger from a broken relationship. Learn to communicate in a less reactive, more proactive, way.
- Help to prepare your child for visits. Be positive about the experience.
- Share information. Have a calendar with all the family engagements written on it and let your the other parent know of any changed plans.
- Set up a system for monthly phone calls or meetings with a specific list of required issues to discuss.
- Never talk badly about the other parent in front of your children.

*Reprinted with permission from the Colorado Father's Resource Guide.



Grant Applications Available January 2, 2005

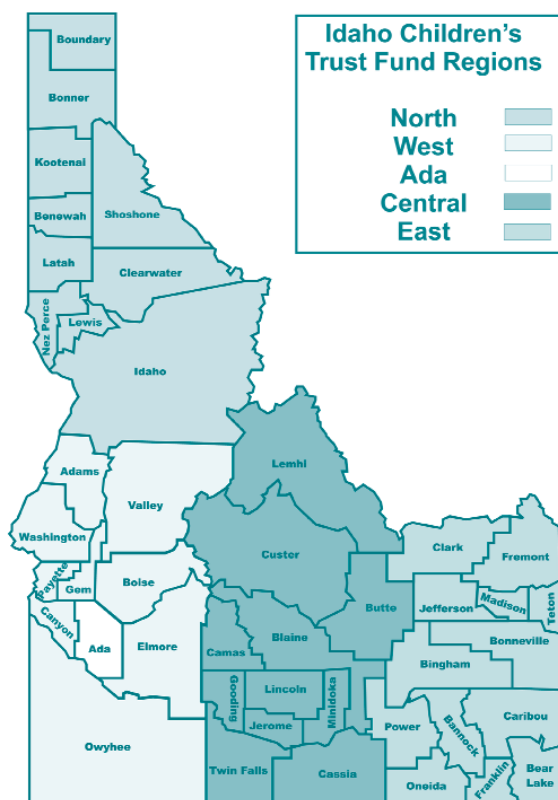
Grant applications for the 2005–2006 grant cycle will be available on our website on January 2 in the following categories:

- **Mini Grants:** Grants of up to \$2,500 will be awarded to fund general child abuse and neglect prevention projects.
- **Multi-Year Grants:** Grants of up to \$40,000 over 3 years will be awarded for child abuse and neglect prevention projects that target specific

populations and needs, specifically Hispanic families, Tribal families, or families with children or parents who have a disability, rural communities and respite care programs for child abuse prevention.

Completed grant applications are due at the ICTF office on March 15, 2005; the grant cycle begins July 1, 2005.

Idaho Children's Trust Fund Announces New Regions and Grant Programs



As a result of research, conversations with past and present grantees, and feedback from focus groups, the ICTF board has made major changes in our grant making process.

The changes will begin with the 2005–2006 grant cycle and will allow us to:

1. Create a more equitable distribution of ICTF grant funds across the state,
2. Develop strong, sustainable, replicable child abuse prevention services throughout Idaho,
3. Strengthen child abuse prevention services to underserved populations in our state, and
4. Develop community and stakeholder investment in community-based child abuse prevention services.

So...ICTF will have new geographic regions—North, West, Ada, Central, and East.

The ICTF will award 12-month Mini Grants of up to \$2,500 annually to support a variety of community-based projects aimed at preventing child abuse or neglect.

The ICTF will award Multi-Year Grants statewide to support community-based child abuse and neglect prevention projects. These grants will run for 3 years with a maximum funding amount of \$40,000. One Multi-Year Grant will be awarded to provide services for each of the following: Hispanic families, Tribal families, children or a parent with a disability, rural communities, and respite care to prevent child abuse and neglect.

ICTF staff toured the state in November presenting these changes to all regions. Please visit the Idaho Children's Trust Fund website for more information—<http://idahochildrenstrustfund.state.id.us>

Super Hero Award

Super Hero (according to the ICTF) is an adult mentor who volunteers with at-risk children or youth. Does your non-profit organization have a Super Hero mentoring children? If so, let us know and you may win \$5,000 for your organization!

Increasing numbers of Idaho's youth are missing out on the opportunity to establish positive, supportive relationships with adults. A relationship with a mentor enhances a child's self-esteem and instills a sense of hope for the future.

Each year the ICTF accepts nominations of Super Heroes from non-profit organizations throughout Idaho. The entries are read and judged by board members who choose the wining Super Hero based on the quality of mentoring, the length of time as a volunteer mentor, and other heroic qualities of the nominated Super Hero.

Nominations forms are available on the ICTF website beginning January 2. Completed forms and letters are due at the ICTF office by March 15. The winning Super Hero and non-profit organization will be publicly recognized at the ICTF sponsored conference, *Strengthening Families to Prevent Child Abuse and Neglect*, April 14 & 15 in Boise.



Save the Date!

6th Annual

"Strengthening Families to Prevent Child Abuse and Neglect" Conference
sponsored by:
the Idaho Children's Trust Fund

**April 14 & 15, 2005 at
the Owyhee Plaza Hotel in Boise**

Keynote Speakers:



Dave Ziegler, Ph.D., LMFT, LPC is a licensed psychologist and Founder and Executive Director of SCAR/Jasper Mountain, an agency in Oregon that treats severely damaged children and their families. Therapist, clinical supervisor, trainer, foster parent, frequent expert witness and consultant to programs and states, he has worked with traumatized adults, children and their families over the last thirty-two years. Dr. Ziegler co-authored Handbook for Treatment of Attachment-Trauma Problems in Children with Beverly James and is the sole author of Raising Children Who Refuse to be Raised, Traumatic Experience and the Brain, and newly published Achieving Success With Impossible Children.

Who Should Attend:

- Parents
- Prevention program staff
- Social workers
- Educators
- Health care providers
- Child care providers
- Child protection workers
- Victim advocates
- Faith community members
- Business leaders
- Children's coaches
- Law enforcement
- Judicial system
- Anyone who works with or knows children and families

Conference Goals:

- To increase awareness of the devastating consequences of child abuse
- To offer knowledge, resources, and tools for the prevention of child abuse
- To encourage and strengthen partnerships that help to prevent child abuse
- To learn ways to strengthen and support families

208-386-9317

**Registration form and details will be
available on our
website in late February.**

<http://idahochildrenstrustfund.state.id.us>

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Child Abuse CAN Be Prevented!



- Providing child abuse prevention services, such as parent support groups, home visiting, and parent education costs just a fraction of what is necessary to provide treatment to children who have been abused or neglected.
- Child abuse prevention spares children emotional and physical trauma. Prevention saves precious resources, families, and lives.
- Child abuse and neglect costs our nation \$258 million each day. That's over \$94 billion every year! (Prevent Child Abuse America, 2000)
- Donations to the Idaho Children's Trust Fund in the past four years has enabled us to grant almost \$668,000 to child abuse prevention programs helping to strengthen, educate and support vulnerable Idaho families.
- Your contribution is tax deductible.

There are three ways to contribute to the Idaho Children's Trust Fund

Mail your check to:
ICTF
P.O. Box 2015
Boise, Idaho 83701

Donate on-line using
your credit card at
[https://www.accessidaho.org/secure/
ictf/donation.html](https://www.accessidaho.org/secure/ictf/donation.html)

Fill in the voluntary donation line
on your Idaho State Tax Form



Thank You!

Idaho Children's Trust Fund Board Members and Staff

Chair Lynn Miner, James Herrmann, Monte MacConnell, Jim Rehder, Al Sanchez, Bill von Tagen, Russell Hammond, Ed Van Dusen;
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